

# Benefits Of Yoga And Meditation



Yoga is a discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquility through mindful breathing and a series of poses. Yoga conditions the body so that the mind can practice meditation without obstacles. Hatha, the purest form of Yoga is the practice of breathing and meditation, giving the student a well-rounded Yoga practice, preparing the body for its' spiritual journey.

## Benefits of Yoga

Increases flexibility	Improves overall mental health
Improves posture	Decreases depression
Reduces some chronic pain	Reduces stress
Helps lower blood pressure and cholesterol	Improves concentration
Reduces body fat and increases metabolism	Calms and relaxes the mind
Helps prevent injury	Improves function of vital organs
Promotes better sleep patterns	Strengthens bones and muscles
Rids body of toxins	Improves digestion
Helps stabilize blood glucose levels	Detoxifies internal organs
Improves circulation	Helps prevent injuries
Helps decrease arthritis pain	Promotes better sleep patterns

## FREE Yoga Classes in the Community

### **Chair Yoga**

Community Presbyterian Church  
Tuesdays at 11am

2000 W Roosevelt Rd Broadview IL 60155

Maywood Public Library  
Monday, Oct. 7<sup>th</sup>, & 21<sup>st</sup> 12:30pm

121 S 5<sup>th</sup> Ave Maywood IL 60153

### **Gentle Yoga**

North Austin Branch Library  
Thursdays at 11am

5724 W North Ave Chicago IL 60639

Hillside Public Library  
Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday at 7pm

405 N Hillside Ave Hillside IL 60162

### **All Levels Yoga**

Bellwood Public Library  
Thursdays at 6pm

600 Bohland Ave Bellwood IL 60104

